



HEALTH EDUCATION CURRICULUM PROGRESSION

	HEALTHY EATING	EXERCISE	HYGIENE & SLEEP	MENTAL HEALTH & WELL-BEING	SCREEN TIME & SAFETY	ALCOHOL, SMOKING & DRUGS	PUBERTY	FIRST AID
KS2	Plan a healthy diet and describe the dangers of an unhealthy one.	Describe different kinds of exercise, the impact on people's bodies and explain why exercise is good for your health.	<p>Explain why it is important to look after themselves.</p> <p>Demonstrate how to look after their teeth and their skin (e.g. in the sun); explain why this is important and what happens if people do not do this.</p> <p>Talk about how to practise personal hygiene and can explain why it can be anti-social not to keep clean.</p> <p>Explain why good sleep and rest are important and what the effects of not getting enough sleep can be.</p>	<p>Talk about how people express their emotions such as anger and fear.</p> <p>Explain why feelings can affect the way people behave.</p> <p>Describe strategies to manage feelings so that they do not have a negative impact on others.</p> <p>Understand that keeping healthy physically will help their mental health.</p> <p>Identify some of the worries and concerns that people might feel moving to a new school.</p> <p>Identify ways in which someone can manage difficult times / changes positively.</p>	<p>Explain how to make wise choices online and why limiting screen time is a good idea.</p> <p>Show understanding of the different ways that people use the internet for bad purposes and outline how to avoid harm.</p>	<p>Explain the facts and laws surrounding the use of alcohol, smoking and drugs.</p> <p>Show understanding of the risks and effects of legal drugs and their impact on health.</p> <p>Recognise that drug use can become a habit which can be difficult to break.</p> <p>Talk about why people choose to use or not use drugs (including nicotine, alcohol and medicines).</p> <p>Talk about organisations that can support people; know people they can talk to if they have concerns.</p>	<p>Talk about puberty and how it affects girls and boys.</p> <p>Understand the emotional and physical changes.</p> <p>Know about key facts about the menstrual cycle, menstrual wellbeing and wet dreams.</p> <p>Identify the external genitalia and internal reproductive organs in males and females; explain how the process of puberty relates to human reproduction.</p>	<p>Know how to make an emergency call.</p> <p>Demonstrate how to apply basic First Aid (e.g. dealing with common injuries including head injuries).</p>
KS1	Identify and list healthy and less healthy foods.	Name and talk about different kinds of exercise.	<p>Describe how to look after themselves.</p> <p>Know how people can clean their teeth.</p> <p>Talk about how people can help themselves to have good sleep.</p>	<p>Talk about their emotions and understand when those emotions are helpful.</p> <p>Talk about how eating healthily, exercise, spending time outdoors and relaxing can be good for their feelings.</p>	<p>List some of the ways that screens improve their lives.</p> <p>Identify how people use 'masks' online to be nasty and who to ask for help.</p> <p>List what information should or should not be shared.</p>	<p>Know that medicines are a legal type of drug.</p> <p>Understand that medicines can help us keep healthy or get better.</p> <p>Know medicines can harm our bodies if we do not need to have them.</p>	<p><i>Through Science:</i></p> <p><i>Understand that we change as we get older (e.g. baby – toddler – teenager – old age).</i></p> <p><i>Recognise how they have changed from being a baby.</i></p>	<p>Talk about what to do if there is an accident and someone is hurt.</p> <p>Know how to get help in an emergency (e.g. how to dial 999 and what to say).</p>